

Food and Nutrition

0489

Turtle River School Division- McCreary School

Teacher: Ms. N. Plett

Contact: nplett@trsd.ca or on Teams

Grade 9 & 10

Credits: 1.0

Prerequisites: None

Course Mission:

The goal of food and nutrition is for students to discover knowledge that enhances everyday living, explore and apply experimental learning, and integrate preventative, proactive, and practical approaches to support individuals in their personal lives, families, and communities.

Course Description:

This course will focus on how to identify and use equipment in the kitchen, how to care for and use food effectively. Students will engage in hands on activities where they learn how to navigate a kitchen safely, as well as the basics of food preparation.

Schedule and Topics Covered:

September will be focused on safety and navigating kitchen equipment.

October through December students will participate in cooking and baking labs; each lab will focus on a different mixing, cutting, or heating technique.

In January a culminating project will incorporate multiple skills gained through labs.

Topics that will be covered include:

- Kitchen equipment
- Kitchen hazards and safety
- Food safety (heating, storing, spoilage)
- Function of ingredients
- Nutritional content and considerations
- Mixing and cutting techniques
- How to read a recipe

Materials Required:

Students should bring a pencil to class. Students are required to have close toed shoes and clothing that is appropriate and safe to wear in the kitchen (ex. No loose clothing, hair tied back).

Course Evaluation:

This course is evaluated in three parts, each section is weighted as stated below:

Quizzes (25%): There will be three quizzes on kitchen equipment, kitchen safety, and proper food handling/ hygiene practices. If a student is not present to write a quiz it is their responsibility to arrange an alternative time to write the quiz, if it is not written the grade will be entered as a 0. Students are required to pass all quizzes before they are able to participate in labs and will be required to retake the quiz until they do so.

Labs (50%): Students will complete a personal reflection and self-evaluation checklist at the end of each cooking class. This will allow students an opportunity to reflect on their overall performance and growth in the kitchen. While students will mark themselves on their performance, the teacher will evaluate each reflection and if needed, will adjust the mark given if deemed necessary.

Project (25%): The course will have one project focusing on planning and preparing a full meal. Students will be provided with an outline of the project as well as a rubric prior to starting. Plagiarism will not be tolerated on this assignment and students must include their information sources as part of their assignment. If plagiarism is suspected the student will be asked to discuss the situation with the teacher with the possibility of re-doing the assignment on their own time.

The hands on nature of this course requires in class attendance. There will not be homework in this course. If a student misses a lab they will not be required to make it up. The labs portion of their grade will come from the labs they were present for. If a student misses a quiz they will be required to arrange an alternative time to write it with the teacher. Students will not be allowed to participate in any labs until the quizzes have been completed. If a student is absent for classes where the project is being completed they will be required to prepare a full meal at home and document the process as outlined by the teacher.

As your teacher I do not want you to fail! I want you to do well, and I will give you the tools you need to do that. If you ever have questions or need extra help, come talk to me! In order to do well you need to also take responsibility for your own learning, your effort will determine your grade.

Behavioural Expectations & Evaluation:

The report card you receive will show a behaviour grade in three categories: personal management, active participation in learning, and social responsibility.

Personal Management: This grade is determined based on your use of class time, ability to work independently, completing assignments on time, organization, following safety protocols, and appropriate use of technology. Technology (personal and school devices) is only to be used with explicit permission from the teacher and for learning purposes only during class time.

Active Participation in Learning: Given the hands on nature, attendance and participation is very important. Students should be physically and mentally present in class and engage with all learning activities. If a student misses a class for any reason the effort shown to make up for missed work will be considered in this grading area.

Social Responsibility: This grade will be determined by kindness, respect, and positivity shown in the classroom. Grading in this area is determined by how well you work well with others, resolve conflict appropriately, respect property, follow Covid-19 protocols, avoid side conversations, and contribute to the learning environment in a positive way.

If a student is consistently not meeting the expectations outlined above, they will first be addressed directly by the teacher. If the student continues with problematic behavior the principal may become involved as well as the student's parents. Respect for self, others, and equipment will be expected at all times.

** This course outline and the evaluation breakdown are subject to change, depending on student needs**